Overdose Advisory

There is an increase in overdoses in Victoria from opioids and stimulants, increased risk with smoking!

If SOMEONE OVERDOSES

Call 9-1-1 right away

Provide rescue breathing

Give Naloxone

Strategies for safer use:

• Visit your local Overdose Prevention Service (OPS):
  The Harbour—941 Pandora Ave (daily 9:30 a.m.—5:30 p.m.)
  Rock Bay Landing—535 Ellice St (daily 8 a.m.—8 p.m.)

• Try the LifeguardApp on your phone www.lifeguarddh.com

• Talk to your doctor or health-care provider about ways to reduce the need to purchase substances or experience withdrawal

• Have your substances checked at your local OPS

• Carry Naloxone and have an overdose response plan

• Do a tester; try a little before your regular hit

• Fix with a friend; if alone, be close to help

• Stagger your use with a friend, so someone can respond if needed

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Please remove after 7 days